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Your essential daily news | TUESDAY, SEPTEMBER 6, 2016
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Artists prep and prime ahead of the Wall-to-Wall mural fest
metroNEWS

Storm Angeconeb helps prime a wall at 611 Main St.
LYLE STAFFORD/FOR METRO

CANVASSING the NEIGHBOURHOOD

Parking in Osborne being rethought

REVIEW

Councillor says city could afford to lose a few loading zones

Stephanie Taylor
Metro | Winnipeg

More on-street parking could be coming to Winnipeg's Osborne Village.

Area councillor Jenny Gerbasi (Fort Rouge-East Fort Garry) is requesting a parking review to determine if several loading zones could be removed, or at least some hours be changed, to allow for more evening parking.

Drivers circling the block to find a spot or parking several streets away from their destination is a common experience for most Winnipeggers who visit one of the city's most popular neighbourhoods.

Gerbasi added it's also an issue for those who call the Village home and host guests.

"People are coming down there to shop, to go to the restaurants, go hear music," Gerbasi said in a recent interview. "It would be beneficial for everyone if we could free up a few more spaces."

She's hopeful the Winnipeg Parking Authority will be able to convert a few loading zones into regular parking spots partly because it has been a number of years since the city conducted a parking review of the area.

"The pressure has always been there," to find on-street parking, she explained.

"It may perhaps have grown recently over the last number of years; there has been some increase in density."

Removing some of the loading zones is the simplest solution to create room without major policy changes, she added.

Gerbasi's request will be heard before Monday's meeting of the City Centre Community Committee, then forwarded to the Infrastructure Renewal and Public Works Committee.

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Your essential daily news

Apple's new iPhone 7 could see the end of the headphone port.

5 THINGS THAT ARE NEW ON CAMPUS THIS YEAR

It's back to school for thousands of university students in Winnipeg this week. Like every year, students, both new and returning, are likely in a last-minute frenzy to buy textbooks, finalize their class schedules and move into residences. That's why Metro compiled a list of some of the new initiatives and changes to expect in the 2016-17 year. METRO

1 U-Pass access

For the first time, full-time students at the University of Manitoba and University of Winnipeg will have access to a U-Pass. Members of each school's student association spent years crusading for a transit pass to be included in student registration fees, and now there is. The U-Pass program boasts serious savings compared to regular transit passes. At $130 per term, students are poised to save $300 per year.

BRAEDEN JONES/ METRO

2 Online degree planning

The days of booking an in-person appointment with an academic adviser at the U of W may be over. A school spokesperson said student planning can now be done online through a new degree planning system. The initiative was introduced last spring, but the spokesperson said new 2016-17 students are the first who can use the program for their entire degree.

METRO FILE

METRO FILE

3 Downtown parking changes

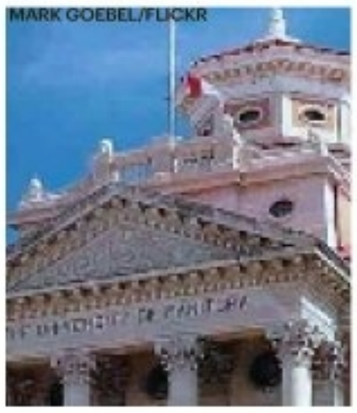
Planning to drive to classes at either U of W or Red River College? Cut down your chances of finishing the year with a fistful of parking tickets by taking note of the Winnipeg Parking Authority's rule changes. From now on, drivers parking downtown in two-hour spots will be able to buy an extra 30 minutes on their meters. If you can't squeeze a few minutes away from class to drop in more change, that's OK. The city is creating a way for drivers using the Pay by Phone app to receive a text message before their meter expires with an option to pay automatically.

4 Mandatory indigenous course

Students at the University of Winnipeg get to be part of a school-wide step towards reconciliation by graduating with a basic knowledge of indigenous histories and issues through a mandatory Indigenous Studies course requirement. The school recommends students fulfil the new requirement sooner rather than later since they will not be able to graduate without it. Depending on your field of study, students have more than 40 classes to choose from a variety of subjects.

THE CANADIAN PRESS

5 Co-curricular records



MARK GOEBEL/FLICKR

Job prospects are always on the minds of students, no matter what year of study. Volunteering and being apart of community organizations can certainly round out a resumé, which is why a spokesperson for the University of Manitoba said the school has made it easier to include a student's community work in his or her official transcript.

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TRANSIT TUESDAY
Weekly Transit News Update

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- Transfer - when paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Cash fares will be accepted on all buses, but please remember, no bills or pennies.

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Winnipeg

Toronto-based PA system, Alexa Hatanaka and Patrick Thompson, work on a mural at 782 Main St. in Winnipeg as part of the Wall-to-Wall festival. Their piece, in collaboration with 17-year-old Nunavut resident Parr Josephee, raises awareness of seismic testing in the north that is threatening Narwhal populations. LYLE STAFFORD/ FOR METRO

Mural fest artfully brings city together

CULTURE

Artists unite to inspire social change with huge works

Matt Kieltyka
Metro | Winnipeg

Winnipeg's north end is getting a socially-conscious facelift thanks to a public art festival sure to turn heads.

Synonym Art Consultation's Wall-to-Wall mural festival is now in full swing as artists, their mentees from within the community and scores of volunteers transform the sides of buildings into powerful, larger-than-life installations with a cause.

On Monday, local artist Kenneth Lavallee and his team were priming the walls at 611 Main Street for two massive star blankets to be painted in dedication to missing and murdered indigenous women.

"I'm from the North End, too, so this is my hood. It's a way of having some ownership of your neighbourhood," Lavallee, 32, said. "The idea was to dedicate it to the cause of missing and murdered aboriginal women and have a nice, subtle way to say, 'hey, we're still here, we're still important.'"

Up the block, Toronto-based PA System and Parr Josephee, a 17-year-old from Nunavut, put the finishing touches on a mural that raises awareness of seismic testing that's putting Narwhal populations at risk.

Storm Angeconeb, 20, was mentored during last year's mural festival, and signed up as a volunteer when she heard about Lavallee's plans for two walls next to Red Road Lodge.

"Getting involved with Synonym really opened myself up to an art career and what I could do with it," said Angeconeb, who is now working on two solo exhibitions.

"Two big star blankets, that's beautiful and I think Kenneth's idea and his art are amazing. This location specifically is really good with the indigenous community around here."

Festival organizers have also partnered with the lodge to employ several of its clients working on the installations, adding even more community participation to the project.

PA System's Alexa Hatanaka told Metro public art, beyond livening up a cityscape, inspires social change in a way other mediums cannot.

"Public art really engages people in a way that's different," she said. "There are so many difficult things we face on this planet that sometimes it's hard to sit down on the computer and read about it. But art engages you in a different way to start thinking about important issues. I think it's special in that way."

The Wall-to-Wall festival runs through Oct. 1.

Kenneth Lavallee begins work on his large-scale mural, featuring two star blankets dedicated to missing and murdered indigenous women, at 611 Main Street in Winnipeg. LYLE STAFFORD/ FOR METRO

Workers rally to be heard

MARCH

Labour groups still looking to meet Pallister

Matt Kieltyka
Metro | Winnipeg

An alphabet soup of unions and labour organizations were represented as hundreds partook in a colourful Labour Day rally outside the Manitoba legislature on Monday.

That's only fitting, since when it comes to Premier Brian Pallister's new Progressive Conservative government, those groups felt very much like they were on the outside looking in.

Getting the new premier's attention and sussing out his stance on various labour issues is a priority for the labour movement in the year ahead, said Manitoba Federation of Labour president Kevin Rebeck.

"We're still trying to get a meeting with the premier but haven't been successful," Rebeck told Metro at the rally. "We represent 100,000 unionized workers in the province, so we have a lot of things we'd like to discuss and put our ideas forward, but we haven't had that opportunity yet. That's a little bit frustrating."

While Rebeck praised the new provincial government for "coming around" on the federal government's plan to expand the Canadian Pension Plan, he was less complimentary of the government's action, or lack thereof, on minimum wage.

This year will likely mark the first time in 17 years Manitoba hasn't increased the minimum wage to at least keep up with inflation.

It currently sits at $11 an hour.

"(Minimum-wage earners) are going to fall $400 behind just by not keeping up with the cost of living. That's not right," said Rebeck. "Manitoba and Newfoundland and Labrador will be the only two provinces in Canada that do nothing for minimum-wage workers, and that's a shame."

Unions are bracing for the province to tighten the belt, as Pallister moves ahead with his party's plan to balance the budget by 2020.

James Bedford, vice-president of the Manitoba Teachers' Society, said the first few months under the Tories have been "status quo."

He said the province's education system is "healthy" and would like for it to remain in good repair.

"Obviously, the government is making noise about the books in Manitoba, about the deficit, and we want to make sure that education is seen as a priority," said Bedford. "It's been over a decade since we've had a Conservative government in this province, which means we have to renew our ties with the party, with those that are governing. There has been major change in the department of education."

Union workers and labour advocates take part in the annual Labour Day rally and march near Memorial Park on Monday.
PHOTOS: MATT KIELTYKA/METRO

> Manitoba and Newfoundland and Labrador will be the only two provinces in Canada that do nothing for minimum-wage workers, and that's a shame. Kevin Rebeck

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Canada's coast guard talking water safety

RIVER

Advice triggered by accidental arrival of 1,500 Americans

The image of hundreds of Americans on inflatable rafts and makeshift platforms bobbing helplessly down the St. Clair River as strong winds pushed them towards the Canadian shore is one Peter Garapick isn't going to forget.

The Canadian Coast Guard superintendent of search and rescue was on the water near Sarnia, Ont., when the festive air of the unsanctioned Port Huron Float Down turned tense as participants realized they were drifting towards a foreign country without their passports, cash or much clothing.

Now, just two weeks after some 1,500 stranded Americans were rescued, corralled and shuttled home, Canadian and U.S. authorities have met to discuss how they'll prepare for next year's event.

Thousands of people gathered for the Float Down at Lighthouse Beach in Port Huron, Mich., and many ended up in Sarnia, Ont.
MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

"We will engage and start the conversation with people who think they're going to consider this and say, you know, start talking safety," said Garapick.

Authorities on both sides of the border have committed to work on a co-ordinated response for future events, and a plan to encourage safety and common sense on the water, he said.

The Float Down, which has been running on and off since the late 1970s, is "inherently dangerous," but nonetheless continues to attract participants looking for a party down the river between Michigan and Ontario, Garapick said.

This year's event, however, stood out for the sheer number of people who had to be helped by coast guard, border services and police after high winds blew floaters clear across the border on Aug. 21.

"We knew by nine that morning it was going to be a challenge," Garapick said. "We knew everybody was going to come our way, but it was sunny, the weather was half decent and the folks who do this are not boaters, they are not mariners and they don't think about that."

As participants were pushed towards Canada, a number of them panicked — many looked about in dismay as the floats they were on jammed together, creating a crush of inflatable devices. Others jumped into the rising waves and struck out for the U.S.

"This is where people die, they think they can make it," said Garapick. "We actually forced people back on their floats." THE CANADIAN PRESS

ECONOMY

Innovation is key, G20 leaders say

China agreed to co-operate more closely with its trading partners on its politically volatile steel exports as leaders of major economies ended a summit Monday with a forceful endorsement of free trade and a crowded agenda that included the Koreas, Syria and refugees.

In a joint statement, Chinese President Xi Jinping, U.S. President Barack Obama and the leaders of Britain, Japan, Russia and other Group of 20 nations pledged to boost sluggish global growth by promoting innovation.

"The global recovery lacks momentum," Xi told reporters after the meeting. "We need to do more to unlock the potential for medium and long-term growth."

There was no mention of a global stimulus or other joint action, which officials said earlier was unworkable because economic conditions vary widely from country to country.

In an effort to shore up public support for trade, the leaders promised "inclusive growth" to spread the benefits to people who have been left behind by wrenching change. That reflects a recognition that economic strains are fueling political tensions and a growing clamour to raise barriers against foreign competition.

The statement expressed "opposition to protectionism on trade and investment in all its forms." THE ASSOCIATED PRESS

TRUDEAU IN CHINA

- Justin Trudeau says there's little risk that protectionist forces seen in the U.S. and Europe will spill over into Canada.

Justin Trudeau

- "I'd be very careful and hesitant to apply situations that might be described in other countries to Canadians," Trudeau said Monday at the end of the Group of 20 summit.

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PHILOSOPHER CAT by Jason Logan

ROSEMARY WESTWOOD

ON THE ALLURE OF REMOTE PROPERTY LISTINGS

Astronomical real estate costs have spawned a new pastime: contemplating the amazing deals that can be found, if only you'd agree to radical relocation.

My brother's new(ish) home in Vancouver is not what I, growing up, imagined you'd call a million-dollar home. But of course, in today's market, it's worth even more than that.

It is lovely. A big open kitchen overlooking the two apple trees and rose bushes, a full suite to rent out in the basement, intricately detailed wood floors and enough room for his little family.

But it's really a lovely average home, at the average — and yet astounding — price of real estate in this city.

Sure, we're almost getting used to these price tags (or hearing about them, anyway), but astronomical real estate costs have also spawned a new pastime: contemplating the amazing deals that can be found, if only you'd agree to radical relocation. Even those, like me, who couldn't afford a shed in Flin Flon, can't resist the click.

GO BIG AND GO HOME Why pay a multimillion-dollar price tag for some second-rate ocean-view house in Vancouver when there are actual castles to be had at comparable prices? ISTOCK

Instead of shucking out an average $710,000 for a home in Toronto, for example, you could spend a fraction of that — just $135,000 — for a historic 100-year-old two-bedroom cottage on 3.47 acres in P.E.I., a short stroll to the fishing harbour and beaches.

Can't you just imagine yourself playing bocce ball on that rolling green lawn, and plodding barefoot in the morning over that worn, buttery old wooden floor to pour your first cup of coffee? You could literally own this home for less than a "conventional" 20 per cent down payment in Toronto.

Even that medieval castle in England for $2.48 million seems a like steal, given that average home prices in Vancouver are only about half that right now.

Actually, that castle is about the same cost as a run-down, three-bedroom, two-bathroom home in Vancouver, on a meagre 33-foot lot (though it does have ocean views).

Compare that to the view of your own personal 14.5 acres from the ancient windows of your literal castle, which has, naturally, eight bedrooms, seven bathrooms, and, of course, a moat.

Let's be clear: Unlike the Vancouver house, we're not talking about a teardown. We're talking about sprawling stone walkways, beamed ceilings, sprawling gardens, and a soaker-tub set in the old turret.

Never has the New York Times "What you can get for..." real estate feature seemed more appealing than now, when that $740,000 you might dream of paying for a home in Toronto's Corso Italia gets you a mid-century, three-bedroom, three-bathroom open-concept mid-century home on Lake Champlain in Vermont.

You've always wanted lakefront property right? That three-storey peaked ceiling with large, lazy fans hanging down? That whole wall of floor-to-ceiling windows? That wide, sun-soaked deck?

Maybe you could even get a sailboat ...

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Growth fees are not a fiscal magic bullet

INSIDE THE PERIMETER

Shannon VanRaes

Winnipeg needs money.

It's not surprising, given property taxes in the city were frozen for years, despite climbing infrastructure costs. What is surprising is the current mayor and council's headlong drive towards imposing growth fees on new construction projects.

Growth fees in and of themselves are not bad. Most cities apply them to new developments because maintaining or expanding services and infrastructure is expensive.

Growth fees can also work to help keep property taxes in check. But it has to be about more than just increasing revenue; there has to be a long-term and sustainable plan to use the extra income.

Without careful planning, growths fees could do far more harm than good.

Ideas like the one floated by Coun. Brian Mayes — i.e., that growth fees be applied across all areas of the city — would cripple efforts to increase affordable housing. While it's understandable an elected official doesn't want constituents to feel singled out for taxation come election time, it needs to be recognized that infill housing in established neighbourhoods is essential to the overall health of the city.

It's also got to be about better spending habits. Let's face it: Winnipeg hasn't always invested wisely.

Think of it this way, based on the Hemson Consulting's suggested fee of $18,302.84 for each newly constructed 1,800- square-foot home, it would have taken 31 new houses to cover the secretive payment made to the city's former CAO Deepak Joshi.

And the cost of keeping the Winnipeg Police Service's helicopter airborne in 2015? Ninety-eight new houses. The construction loan the city and province are repaying for Investors Group Field? About 8,160 new homes. The construction grant the city provided to the stadium? A cool 409 newly built abodes.

And the cost of the growth-fee study completed by Hemson consulting? That comes in at just over 13.

The sudden appearance of growth fees inside the City of Winnipeg also carries the risk that more families will choose bedroom communities over the suburbs or inner-city, increasing sprawl rather than reducing it.

However, if properly leveraged, growth fees could encourage infill housing and density in older neighbourhoods.

Winnipeg does need more money, but it also needs better planning and prudent spending.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist She can be reached on Twitter @ShannonVanRaes

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Fashion police: 800 shops shut down in Iran for selling "inappropriate" clothing

Parents face the 'dreaded September'

MENTAL HEALTH

Families grieve when millennials fly the nest, finally

Genna Buck
Metro Canada

This week, Tony and Lorelei Woolridge waved goodbye at the same spot in the St. John's, Nfld. airport where they've shed tears nearly every September for the past eight years. Lorelei calls it "the escalator that takes my children away."

Her daughter Julie, 25, was the first to go, at age 17, on a soccer scholarship to Farleigh Dickerson University in New Jersey. Then her oldest, Erin, 28, left to study naturopathy in Toronto. Finally, Carolyn, 21, went to Acadia University in Nova Scotia. She just headed back for her fourth year. That was the hardest.

"This time I was just sobbing," Lorelei Woolridge said.

Despite all the talk of millennials being too attached to their parents, most do eventually fly the nest. And when those close bonds are finally tested by distance, parents are often surprised by the depth of their sadness.

Tony Woolridge knows the feeling. Though he's immensely proud of his successful, independent kids, he said he's "miserable" the first week without them. "Both of us are not really fit to speak," he said.

"We both miss them, but I worry about the little things more," he said. His recent concern is Erin, who has been looking for an apartment: "If there's something that a dad should do, and I'm not there to do it, that frustrates me. If she was home moving from one apartment to the next, I could get a truck and move her."

For new empty-nesters, "Distress can be severe, not unlike the experiences of those going through the stages of grief and mourning," consumer studies professor Carolyn Curasi wrote in a 2013 study of Irish, English and American mothers. Some participants even reported needing antidepressants and sleeping pills to get through the upheaval.

> **If there's something that a dad should do, and I'm not there to do it, that frustrates me**
> Tony Woolridge

Nicole Mills, a single parent from Mississauga, Ont., is well acquainted with the grieving process. She refers to the drive to Laurentian University in Sudbury with her daughter Jada, 19, as "the dreaded September."

"The void is quite big. Not seeing her shoes at the door can be rough," Mills said. "This year she asked me not to cry. Well, that didn't go over too well. But I don't believe I was as bad as I was the first year."

Mills, too, wants to be there for little things Jada needs. She'd like to cook meals so her daughter could concentrate on her second-year biology and psychology courses, and her goal of getting into veterinary college.

"If I could impart anything to other parents: As long as you know you've raised your child with basic life skills and confidence, they will move mountains," Mills said.

As a mother who has been through the process three times, Lorelei Woolridge advises bereft parents to stay connected on FaceTime and Skype. It's how she coped with the "emotionally destroying" impact of being apart from her girls for special occasions like Julie's engagement.

And it helped to spend those difficult first few days after saying goodbye at a cottage with her husband and extended family. It "was like medicine," she said.

Nicole Mills struggles — and cries — every September when she helps her daughter Jada, 19, pack up and head out on the drive from Toronto back to Laurentian University, five hours north in Sudbury, Ont. CONTRIBUTED

"My sisters-in-law came put their arms around me and gave me a hug and said, 'How are you doing, are you alright?' And they tell me, 'We're going to take care of you and get this off your mind.' They're recognizing the loss too. It is a loss."

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Every person has a savings strength

ADVICE

Discover what you excel at to make money in the long term

Gail Vaz-Oxlade
For Metro Canada

So often when the talk turns to money, people avert their eyes or scuff their toes against the ground, bashful to even get into the conversation. Not surprising really, since when the talk turns to money, most often it's about what we're doing wrong.

Here's the thing: you can't be doing it all wrong. You just can't. And so maybe what you need to do to open up the conversation with yourself (your partner, your best friend, your sister-in-law) is to focus on what you're doing right.

I'm good at discipline. I may hate collecting receipts and writing down everything I spend, but I do it. I may hate having to post all those spending-journal entries into my monthly budget, but I do it. I may hate picking up the telephone and making the call to get a fee adjusted or a service charge removed, but I do it!

Knowing what you're good at is a great place to start when you're trying to figure out how to make things work better with both your money and your life.

Let's say you're really good at finding a bargain, but you're not so hot on the pay-yourself-first savings approach. It doesn't matter that you pay yourself first and the money is whipped away to an account, if by the end of the month you've had to transfer that money back because something cropped up and you need the "savings" to stay even in your account.

Okay, let's take your strength and turn it to the problem with your savings. Sure, you're great at spotting a bargain and shopping smart. But if you never realize the savings ... if you never take that money out of your wallet and put it somewhere you can't spend it ... you actually haven't saved a thing. So now you're going to use your smart shopping as your springboard to save.

Open up a savings account called "Smart Shopping" and every time you save so much as a nickel by shopping smart, save that money (perhaps in a jar at home first until you've accumulated $10) by moving it to your Smart Shopping account. Now every time you look at your balance, you can see what a smart shopper you are, because you'll have an ongoing running total of your brilliance.

The point is that most often you need to find the motivation to do things differently.

Use a strength to pull your areas of weakness into the sunlight and eventually overcome them. Knowing what you're doing right and moving from strength to strength makes way more sense than always beating yourself up for what you've been doing wrong.

ASK YOURSELF

Are you good at ...

- Getting the best deals?
- Making your own stuff or fixing things?
- Sharing what you have with others?
- Keeping track of your money?
- Deferring the little pleasures so you have the money for the really big thing?
- Finding the highest return on your savings account?
- Finding ways to earn extra money when you need it?
- Stretching a dollar?

Finding and working to your financial strengths will help you battle and improve your financial weaknesses. CONTRIBUTED

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YOU CAN DO THIS HAIRSTYLIST/BARBER

'Hairstyling is an art form'

WHY I LIKE MY JOB

Sargon Daved, 28, Senior Stylist at Salon Mirage & Spa in Hamilton, Ont.

As a child, I preferred playing 'salon' to 'house.'

I always knew I wanted to do something creative professionally, but I didn't know where to start. At first I pursued fashion design; however, I soon learned that the profession didn't favour my social style. My entire day was spent with a sewing machine, and although it might be for some people, it wasn't for me. That's when I decided to sign up with Marvel Beauty Schools for hairstyling.

It was an intensive, 10-month program that taught me everything from short cuts to wig and hair enhancements. I knew I was cut out for the industry when I accepted my first full-time job and watched in amazement as my book of clients began to expand.

For this, I thank my gift of the gab. If there wasn't a social aspect to my job, I don't know how I'd function.

Hairstyling is an art form. I love giving my clients advice about their hair, and often joke that their self-confidence is in my hands.

In a way, I'm in control of how they feel about themselves — and despite the pressure, it motivates me to ensure each client walks away feeling confident and fabulous.

See more of Sargon Daved's hairstyle creations on Instagram, @sargon.daved. CONTRIBUTED/INSTAGRAM

THE BASICS: Hairstylist/Barber

$28,750

Median annual salary for an entry-level hairstylist or barber. Experienced stylists can expect to earn an average salary of **$42,500.**

+12%

Projected job growth rate over the next 8 years

Data for this feature was provided by payscale.com, jobbank.gc.ca, academycanada.com and onetonline.org.

HOW TO START

Generally, an apprentice must accumulate approximately 3,500 hours of on-the-job and in-school training to be considered competent in the trade. This can take up to two years; however, most trade programs administer training within a public salon to give students direct access to clients.

Typical courses can include client service, cutting and styling, colouring, chemical hair relaxing and salon operations.

After completing the mandated work hours, graduates are eligible to write the interprovincial journey-person examination to be recognized as certified specialists in the trade.

WHERE YOU CAN GO

With the exception of buzz-cutting robots, advanced technology likely won't replace the need for trained hairstylists or barbers. In fact, most clients seek personal connections and trusting relationships with their stylists.

Job prospects are particularly promising for barbers, colour technicians and aspiring salon managers.

Those seeking management-level positions may require additional schooling in business, marketing, salon design and accounting fundamentals.

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CONTINUING EDUCATION

Find the calm on campus

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Seeking out stress relief with spa treatments and sandy-beached vacations may be simple for some, but for those working diligently toward a degree, calming down in any capacity can seem an impossible dream. So what are some quick fixes when the assignments begin to pile up and panic sets in?

"Research tells us that when demands for our time and attention increase, we tend to speed up," says Dr. Kathleen Kevany, director of extended learning at Dalhousie University. "This pace may serve to move us faster physically, but not help us to be productive mentally."

To find that balance, Kevany suggests embracing a form of attention development or mindful practice.

"Sit or walk and think about what kind of thoughts you entertain in your mind," says Kevany. "If the thoughts are self-doubts and put-downs, ask them to leave like you would ask a visitor to leave who was harassing you."

Registered massage therapist and recent Kikkawa College graduate Jacquelyn Pyper acknowledges that the stress of study can not only wreak havoc in the mind, but in the body.

"The most noted areas of muscle tension for students is in the upper body, due to hours spent at the computer or with our noses stuck in books," says Pyper. "These symptoms could be prevented with self-massage, stretching and frequent breaks in studying."

Pyper recommends that students take a five- to 10 minute pause every hour, to get up and move around, or to stretch whenever or wherever they can.

Jenna Ladd, owner of Iron North fitness studio in Ottawa, adds that doing so can be as easy as investing in a soft place to simmer down.

"A yoga mat, despite its simplicity, is a three-by-six-foot space that the student completely owns without reservation," says Ladd.

"It offers unlimited, unbiased and completely inspired potential for great things to happen."

"My favourite postures for stress relief are generally very passive and restorative," Ladd continues. "Some people store tension in their shoulders or lower back or hips. A simple and gentle spinal twist can feel amazing all over."

To achieve this twist, which Ladd compares to a wet cloth being squeezed, students will lie on their back and pull their knees into their chest with arms to their sides in a 'T' position. Individuals then drop their knees to one side of the body and turn their head in the opposite direction, adjusting so that shoulders are flat on the ground.

"Don't get me wrong," says Ladd. "There's nothing wrong with the occasional Netflix marathon to relieve stress. But with chaotic school and life schedules, yoga and physical activity encourages students to focus on the basics. To breathe, to find a sense of peace, and to move forward."

CONTRIBUTED

Union Gospel is here for you

The Faith Learning Centre offers both a Literacy Program and a Mature Grade 12 Program. More than 100 adults have graduated with a Grade 12 diploma, going on to university, college and jobs.

Some students have started at the literacy level, and then continued on to complete their Grade 12. Qualified teachers teach the government certified courses. There are many courses available, with English and Math at the core of the curriculum. There are a number of options, with computers and software programs being the latest available. They also offer Bible courses.

Compassionate teachers, small classes and a friendly environment are trademarks of the Faith Learning Centre.

Union Gospel Mission has been serving men and women in Winnipeg for more than 80 years. Faith Learning Centre helps make a way for your hopes and dreams to be realized. Literacy has a continuous intake, while high school has two semesters a year.

All men and women over the age of 18 are welcome to apply. The coffee is on.

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Launch a career as web wizard

Mohammad Yakub, a native of Bangladesh, arrived at the University of Winnipeg looking to pursue his passion for web development.

Combined with his background in C, C++, and asp.net, the PACE (Professional, Applied and Continuing Education) web development diploma program provided the perfect opportunity for him to gain practical experience in a complete range of programming languages, including HTML, CSS, and PHP.

Yakub was able to put those languages to the test in his coursework, which included building a complete website with e-commerce functionality. In addition to the technical skills he gained at PACE, Yakub learned that hard work and time management are essential skills for working in a web development company.

After graduating from the program in 2015, he now employs those fundamentals in his position as a support wizard for Bold Commerce.

Yakub advises anyone considering PACE to enter with a positive attitude and strong work ethic — two qualities necessary for success in the program and throughout a web development career.

This full-time program teaches students a wide variety of web programming technologies with an emphasis on PHP programming.

The program also includes essential training in project management, business writing, web security, information architecture, and network administration to ensure students are entering the workforce with a well rounded set of skills.

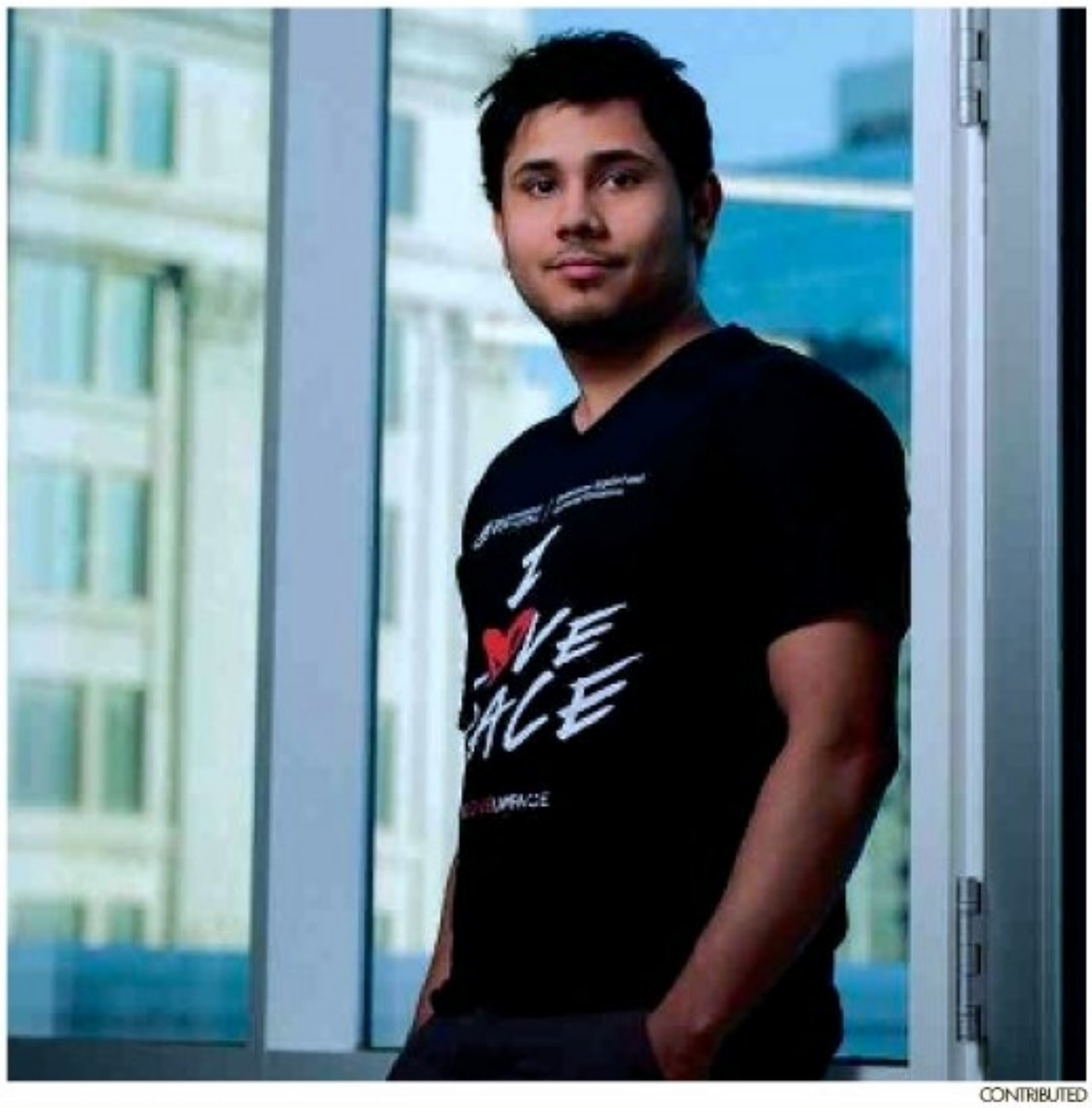
The program concludes with a comprehensive e-commerce capstone project and a month-long internship placement that give students an opportunity to put their new found skills to practice in a working environment.

Graduates of this program may go on to pursue careers as a web developer, web programmer, webmaster, software developer, application developer, PHP developer, ASP developer, Java developer, database administrator, Linux administrator, Windows administrator, junior security, or a risk management analyst.

Upon graduation, students are also eligible for up to 21 credit hours of transfer credits towards an applied computer science degree at the University of Winnipeg.

This program is approximately one-year in duration and runs Monday to Friday from 9 a.m. until 4 p.m. The next intake for this program is January 2017.

For more information about the web development diploma program at PACE, visit pace.uwinnipegcourses.ca.



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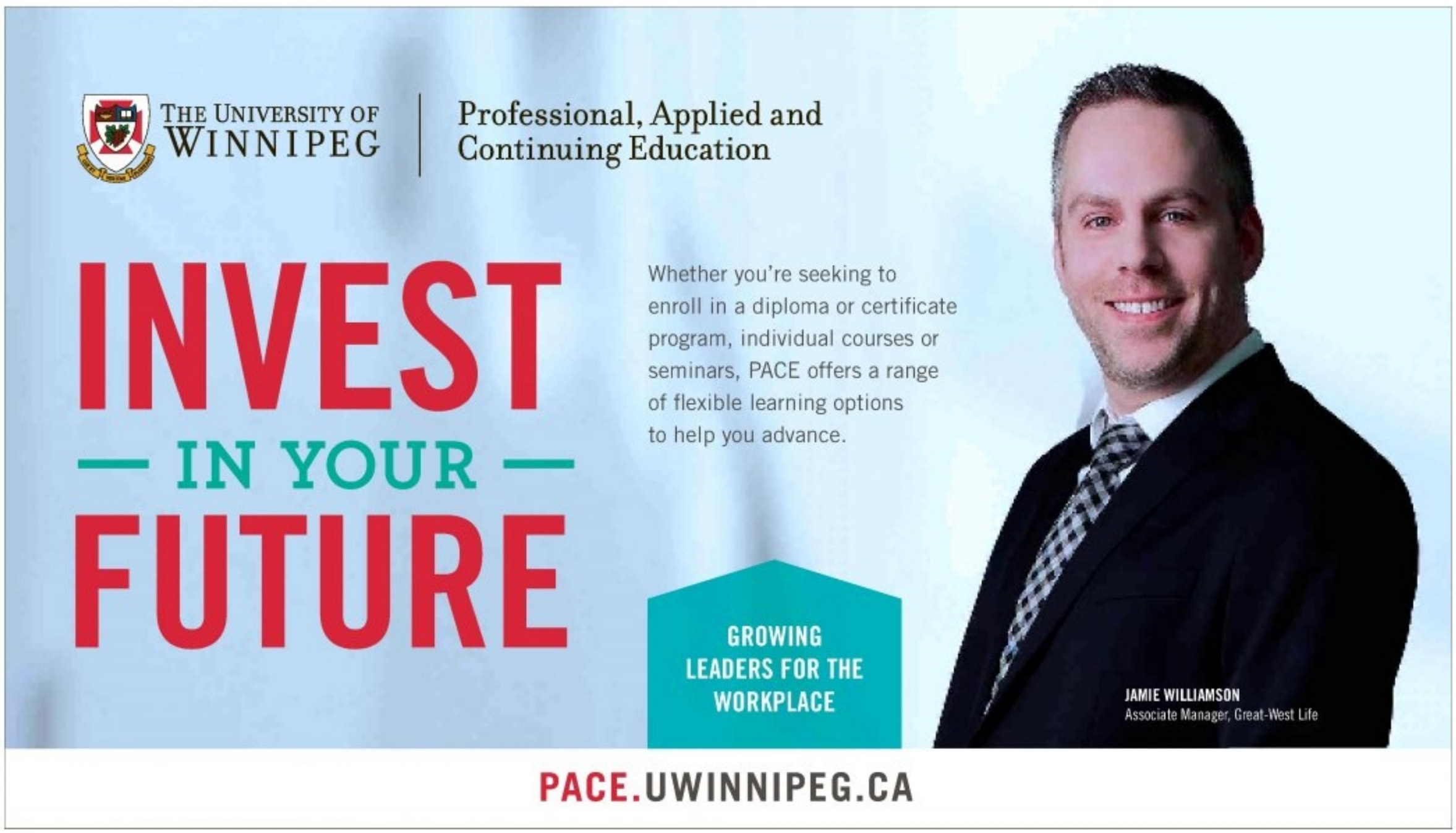
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Can't commit to in-class learning? Study accounting online

The new CPA (Chartered Professional Accountant) designation in the accounting specialist program at Robertson College helps to give individuals a chance to increase their employability by gaining an in-demand credential in the accounting world.

The payroll courses open new opportunities for graduates, as they can work in accounting or payroll positions.

"It is an important addition to the accounting specialist program and any business looking for a payroll practitioner is looking for someone with their Payroll Compliance Practitioner (PCP) certificate," says Glenn Ankrom, instructor, accounting specialist program, Robertson College.

The program is designed for anyone who wants to enter the workforce in entry-level accounting and payroll positions and to do so quickly — within a year of starting the program.

This is a business college-level accounting program with studies is computers, business communications, introductory financial accounting, and accounting software.

Students of this program will learn Microsoft Office, business communications, introductory financial accounting, QuickBooks, Sage 50 and the Canadian Payroll Association's Payroll Compliance Practitioner certificate program curriculum.

This program is offered in a way to fit the learning styles of a variety of individuals and their needs through in-class instruction or through online learning.

"My experience is that most students prefer a traditional, instructor-led classroom and the structure of going to school," says Ankrom.

"Robertson Online is suitable for students who are currently working and cannot commit to in-class studies."

The CPA curriculum is available online as well through the CPA, but it is self-directed with an instructor available for questions and marking assignments.

This program also includes a practicum portion to ensure students are ready for the workforce once they have completed the program.

"Many students have limited work experience in their field of study; the four-week practicum gives them hands-on, practical experience in a business setting in administration, accounting and/or payroll," says Ankrom.

Once students have completed the program, they may go on to pursue employment in accounting or payroll departments in businesses of all sizes in a variety of sectors.

Career opportunities may include, accounting clerk, accounts payable/receivable clerk, administrative assistant, bookkeeper, office manager, payroll administrator, or payroll clerk.

To help students in the pursuit of employment, the career services department at Robertson College supports students after their studies are completed and helps to give them the tools needed to find employment in their fields – from the time they become Robertson College students and for the rest of their lives.

Program start dates at Robertson are approximately every 12 weeks.

For more information, visit robertsoncollege.com/programs/business/

CONTRIBUTED

Learn or improve your French with popular language program

DANHARPERPHOTO.COM

Université de Saint-Boniface (USB) is Western Canada's largest French language post-secondary institution. It is also the oldest post-secondary institution in the western provinces and is continuing to grow offering a wide variety of programming options to help the community grow and flourish through life-long learning.

"In all three of our sectors — university, college and continuing education — we pride ourselves on our students' success because students come first at USB," says Renée-Lynn Gendron, coordinator, Continuing Education Division, Université de Saint-Boniface.

The Continuing Education Division (CED) at USB offers three areas of programming: language training, personal and professional development, and youth programs.

USB receives an average of 4,500 registrations annually, many of which are for the language training programs — with the most popular being the Conversational French (Français oral) program.

Through the personal and professional development programs, clients can take time to discover a new skill.

For the next generation of USB students, the school offers both spring and summer day camps to French-speaking youth, as well as to young Anglophones or Francophiles wanting to learn or improve their French skills. USB believes it is important to continue to offer the public new courses and has an impressive new lineup this fall to add to the already popular options.

"We believe that it is important to meet our community's needs in our ever-changing world — that means staying on top of current educational trends and listening to our clients comments," says Gendron.

"We do our best to provide our clients and our community with training that will help us all grow."

That is why USB is currently working on new programming for their youth day camps.

"It is important that our youth, the next generation of leaders and decision-makers, have access to quality training from a young age," says Gendron.

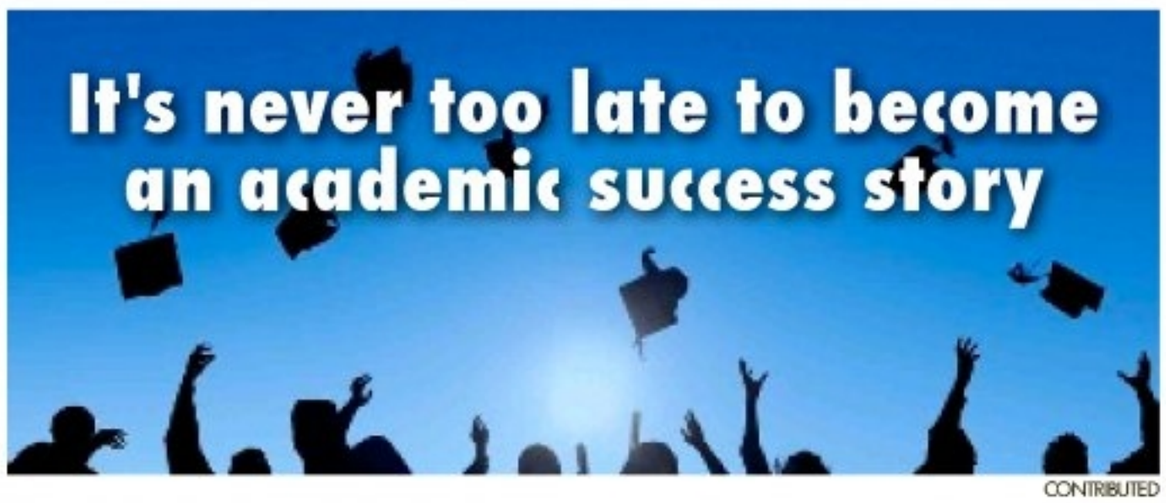
"Through our day camps, we wish to offer an educational experience that is focused on fun and discovery."

USB recently added a new Spanish program (Café encuentro), and will be offering a new government-funded intensive language program this fall to immigrants who wish to pursue French language training.

The fall session at USB begins Sept. 19. Registration deadline is Sept. 13.

For more information, call 204-235-4400, or visit ustboniface.ca/educationplus.

It's never too late to become an academic success story



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The Louis Riel Institute is an adult learning centre and offers high school credit courses.

"You might say we're the missing piece for a lot of students' continuing educations," says Joel Boyce, director, Louis Riel Institute.

"Unlike high school courses offered through post-secondary institutions themselves for hundreds of dollars, we can offer any required prerequisite courses without charging any tuition cost."

Louis Riel offers just about any prerequisite colleges, universities, or training programs are likely to ask for, including every Grade 12 science option, all three streams of mathematics, two streams of English language arts, and multiple electives in everything from social studies to human ecology to business and technology.

These courses have been designed for busy adult learners and Louis Riel offers flexible scheduling options for those who cannot commit to full-time learning (full-time courses are also available).

"From our front reception desk to our student support services to each and every classroom and administrative office, you'll find a consistent message that it's all about the students. This seems to be part of the reason why so many people are academically successful when they come here, even though many of our students have struggled academically or had negative experiences in school in the past," says Boyce.

If that isn't doable, a student can work on the same credit as an online course from any computer with Internet access.

For more information about the Louis Riel Institute, visit louisrielinstitute.com.

Focus your hospitality career path with guidance from the experts

The hospitality and tourism program at Patal International College has been designed for individuals who have a passion for working in the services industry and who are looking for an institution that is invested in their success.

"We are a school with small classroom sizes, which makes it easier for the school to get to know the students and in turn will help when it comes to connecting a student with a potential employer," says Shannon Skead, marketing/employment coordinator, Patal International College.

Patal helps students connect to with hospitality and tourism by connecting with the student to see where they would like to venture in their career path.

"From here we match potential employers with the student," says Skead.

The hospitality and tourism program covers all aspects of the hospitality industry; training in cooking, accounting, hotel management, housekeeping, and serving.

The students will work with a variety of instructors, who have many years of experience in the field, and will get the chance to experience different aspects of the hospitality industry.

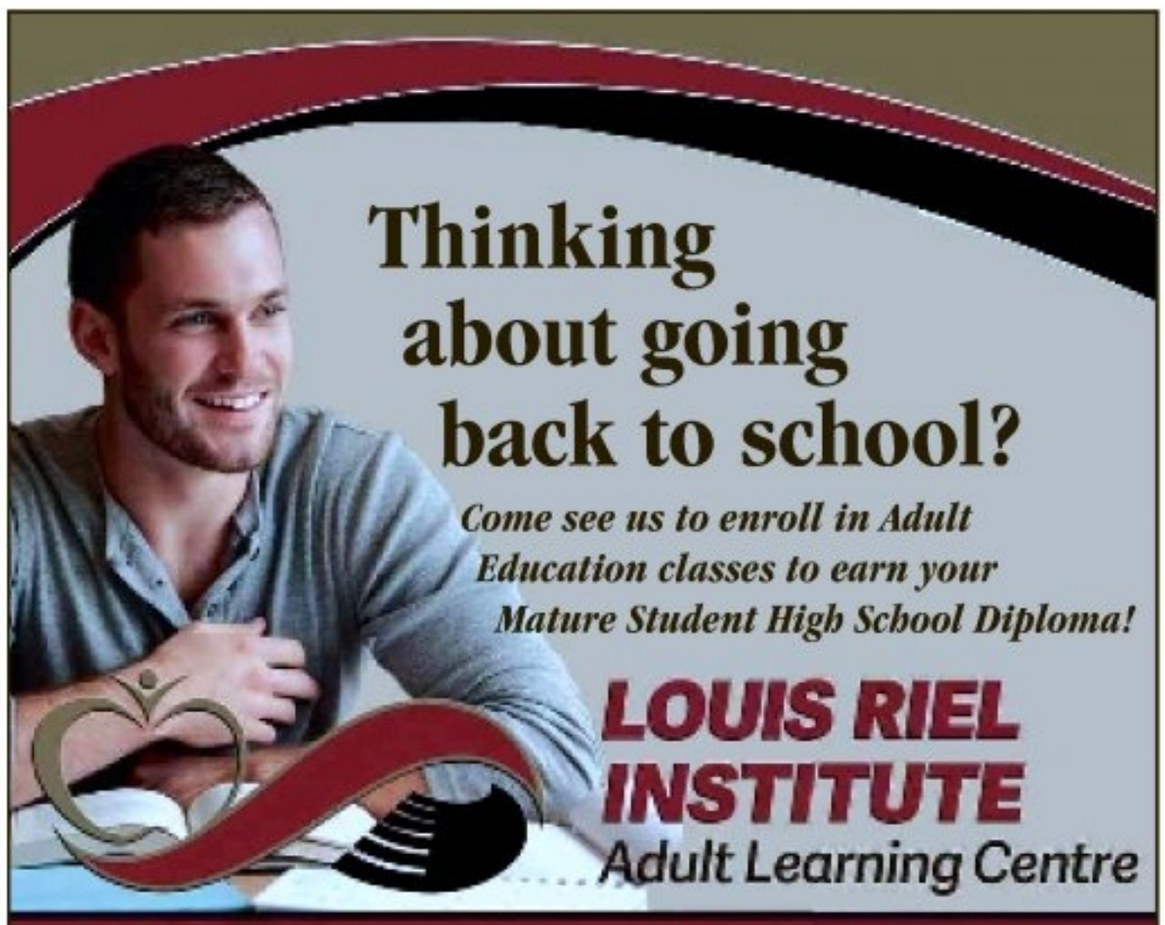
ISTOCK

Throughout the program students will gain skills and knowledge in sales and service required in the hospitality industry.

Once they complete the program, students will be prepared to enter into the workforce as servers, hosts/hostesses, housekeeping/maintenance, line cooks, in banquets/catering, casinos, retail, and hotels.

This 20-week program offers ongoing start dates and includes a four-week work experience component.

To learn more, visit patalvocational.com.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Turn a love for sports into a career

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As Canadians bask in the afterglow of the success Canada's athletes had at the Olympics in Rio, excitement in Manitoba is growing with preparations for the 2017 Summer Games in Winnipeg.

The job and volunteer opportunities surrounding this high calibre sporting event make it a great time to consider a career in this field.

This fall, Red River College (RRC) is offering a number of courses, including a series of three that can turn a love for sports into a career through the certificate of achievement in sports management and administration program.

Sports management consists of three courses intended to supplement students in business administration or business and admin studies programs, providing knowledge and skills specific to the area of management within the broad field of sports.

Each course focuses on skills related to aspects of the Canadian sports scene and will increase your knowledge, understanding and skill set to function confidently in general administrative areas and specific sport-related fields.

"Beyond the fundamentals of sport management, students will learn how to recruit and manage volunteers in sport including the HR components and will gain expertise in the marketing and media part of sport management," says Debra Wutke, program manager, business and management portfolio, School of Continuing Education, RRC.

"This could span career options as varied as specializing in sport merchandising, managing sporting events or teams, representing sports professionals or teams, on every level from youth, through amateur, leisure and professional ranks."

The knowledge gained through these courses can be used at the biggest sporting events that Canada (or the world) has to offer, and also right down to events at your local community centre.

Anyone with a love for sports looking to turn their passion into a career, will benefit from this training at RRC.

Once completed, participants may go on to pursue entry-level employment opportunities in professional/amateur sport organizations, not-for-profit organizations, event management companies, sport media, sport facilities, league administration, and much more.

These courses are available in classroom format or can be taken online to provide maximum flexibility and accessibility.

For more information about these continuing education courses, visit rrc.ca/sports.

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Red River College | School of Continuing Education

Discover the visionary in you

Who are the visionaries? They're just not the rare few who reach new peaks, discover the next big breakthrough, or change the world with their work and ideas. Visionaries are also those who change their own world. They are people on the factory floor who envision themselves in management. They are employers who see the value of continual learning. They are people in associations who look ahead to greater industry excellence.

"Visionaries are constantly looking forward. Extended Education is out in their communities looking forward with them…we forge the paths to their goals by developing agile and responsive programs and courses that extend the power of the university to where our students work and live," says Gary Hepburn, dean of Extended Education at the University of Manitoba.

"In short, we recognize the visionary in everyone, and we help them move forward," adds Gary.

Extended Education does more than provide university resources to students, it extends those resources to the business community at large. From a post-baccalaureate certificate in aerospace management to a single course in project management, employers have a range of academic offerings to provide their staff. There are also several in-depth programs designed specifically for individual organizations, as well as shorter contract training solutions.

"We forge the paths to their goals by developing agile and responsive programs and courses"

– Gary Hepburn, Dean of Extended Education at the University of Manitoba

"We understand, quite clearly, that employers and other stakeholder groups have made a significant commitment to ongoing education that creates an engaged, agile and responsive workforce. Our role is to deliver programs that facilitate the type of constant learning that gives companies and organizations a competitive advantage that makes them an employer of choice," Hepburn concludes.

Extended Education acknowledges the visionary in everyone. They never stop learning and they always move forward.

ISTOCK

Visionaries never stop learning.
Move forward.
The professional world is in constant change, and you can change with it. Set your vision on acquiring new skills and knowledge with Extended Education, and move along a path that leads to your goals.
Take a look at our program guide. Discover how business and management professionals, educators and social innovators, and international students take that next big step. From Post-Baccalaureate Certificates to single courses, get the education that moves in the right direction – forward.
Move forward at umextended.ca
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metro SPORTS

Soccer star Megan Rapinoe knelt for the national anthem Sunday before the Seattle Reign's game "in a little nod" to 49ers QB Colin Kaepernick

'That one's for Jerry'

BOMBERS THIS WEEK

Ed Tait

We heard it first while trying to maneuver through a crowded, noisy and frenetic Winnipeg Blue Bombers dressing room at Mosaic Stadium in Regina late Sunday afternoon.

It was said softly, but with conviction.

"That one's for Jerry."

Now, yours truly didn't catch who uttered those words in the chaotic moments not long after a thrilling, bizarre, controversial and emotionally-charged Labour Day Classic that saw the Bombers emerge with a 28-25 victory.

But we heard it again — or a variation of it — from Bombers head coach Mike O'Shea a little later.

"Jerry would have loved that."

We saw it come in tweets from current and former Blue Bomber players all afternoon, from staffers with the football club and from folks all across the Canadian Football League.

It was heartfelt. And it put a lump in the throats and brought tears to the eyes of anyone who was fortunate enough to have known the man.

Jerry Maslowsky didn't just work for the Blue Bombers for 15 years as a marketing whiz and vice president. He was a lifelong fan of the football club who savoured every victory and felt every loss as much as anyone, from the coaches to the players to the most-dedicated diehard.

Jerry Maslowsky, the Bombers' long-time vice-president of marketing seen here at an April 2012 news conference, passed away on Sunday after a battle with cancer. JOHN WOODS/THE CANADIAN PRESS

It was Sunday morning, about three hours before kickoff, when the football club was officially informed of Maslowsky's passing after a battle with cancer.

Plans were already in place for the players to wear a 'JM' decal on the back of their helmets for the game and TSN had pieced together a tribute, hoping those gestures would bring a little sunshine into the man's day should he be watching the telecast or listening to CJOB's Bob Irving and Doug Brown from his hospital bed.

But cancer doesn't adhere to anyone's timetable. And so by kickoff the emotions and tensions that come with every football game, particularly Labour Day, also now included heavy doses of sombre.

Maybe this all sounds too maudlin or dramatic to some. So be it.

Let it be said that, yes, the Bombers left way too many points on the field Sunday afternoon, settling for seven Medlock field goals that tied a club record, including the dramatic winner with zeroes on the clock.

No question, the Bombers were fortunate that Tyler Crapigna missed a convert after Kendial Lawrence's 82-yard punt return TD with 69 seconds remaining which would have put the Riders up 26-25.

And, it's true, the pass interference call on Justin Cox that wiped out an interception and moved the ball into Saskatchewan territory with 34 seconds left was botched by the officiating crew, further fuelling conspiracy theories in Rider Nation that anyone and everyone is out to get them this year.

Those are all juicy talking points in the wake of another Labour Day Classic on the Prairies, all of which would have fed into the narrative for this Saturday's Banjo Bowl at what should be a jam-packed Investors Group Field.

And you know what? Jerry would have loved that, too.

Ed Tait is the Bombers Director of Content. Follow him on Twitter (@EdTaitWFC) and bluebombers.com.

BASEBALL

Fish snag playoff spot on final day

The Winnipeg Goldeyes needed every day of the American Association season to lock down a playoff spot, and they did it in front of a sell-out crowd of 7,787 at Shaw Park Monday afternoon.

With a 6-1 victory over the Fargo-Moorehead RedHawks on the final day of the regular season, the Fish (58-42) clinched the league's lone wild-card spot, edging out the surging Laredo Lemurs and finished with the third best record in the American Association.

It's the 18th time in the Goldeyes' 23-year history the club will head to the post-season, and the eighth time under manager Rick Forney who has only lead the Goldeyes to a sub-.500 record just twice in his 11 seasons in charge.

Winnipeg opens the playoffs with a best-of-five series against the North Division champion St. Paul Saints — whom they've met in the playoffs three times before — beginning with two home games at Shaw Park on Wednesday and Thursday night, and the series concluding in Minnesota with three games (if necessary) over the weekend.

Regular season honours were handed out to Winnipeg outfielder Willie Cabrera and first baseman David Rohm, named to the American Association's 2016 Postseason All-Star Team, while outfielder Reggie Abercrombie was named the league's inaugural Man of the Year.

DARRIN BAUMING/METRO

IN BRIEF

Yankees beat up Blue Jays
Jacoby Ellsbury overcame a first-inning deficit against R.A. Dickey with a two-run homer on the knuckleballer's third pitch of the game, then added an RBI single to lead the New York Yankees over the Toronto Blue Jays 5-3 Monday.

AL East-leading Toronto (77-60), remain one game ahead of Boston.

THE ASSOCIATED PRESS

Serena unmatched in wins
Serena Williams now owns more victories in Grand Slam matches than anyone else in tennis' Open era, surpassing Roger Federer with her 308th.

Williams reached the U.S. Open quarter-finals by beating Yaroslava Shvedova 6-2, 6-3 on Monday. THE ASSOCIATED PRESS

McIlroy on winner's board
A new putting coach. A new putter. The old Rory McIlroy.

McIlroy rallied from six shots back Monday and closed with a 6-under 65 for a two-shot win in the Deutsche Bank Championship, his first victory this year on the PGA Tour. THE ASSOCIATED PRESS

RECIPE Mini Turkey Meatloaves

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There is so much to love about these wee meatloaves from their healthy mixture of ground turkey, oats and veggies to the fact they pack up nicely in the freezer.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.

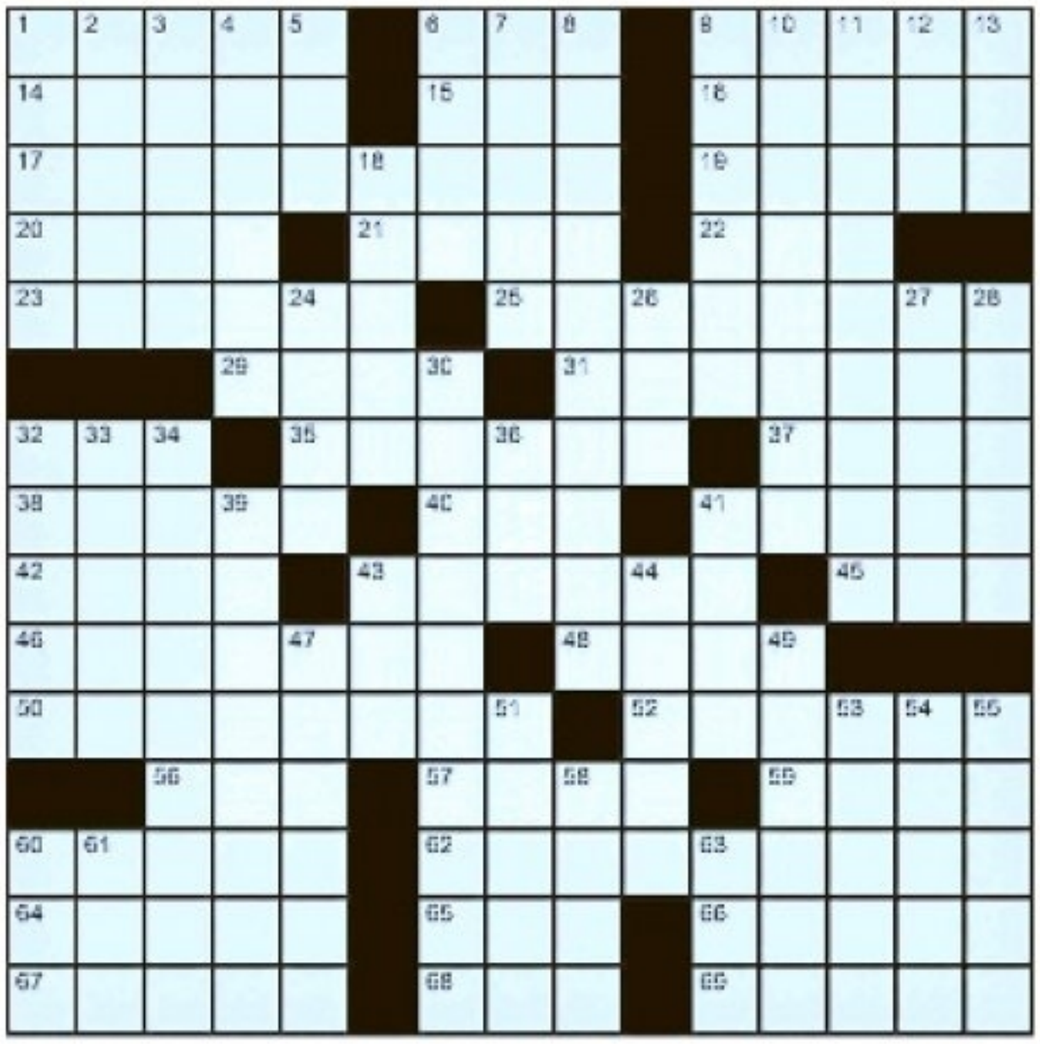
2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.

3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Trudges
6. Samantha _? (2007 to 2009 comedy series starring Christina Applegate)
9. He was a Titan
14. Ms. Linney
15. Poetic occurrence
16. Jokes-filled celebrity tribute
17. Mindful/considerate
19. Devil
20. Computers: Prefix to 'byte'
21. Like _ _ not...
22. Notes _ _ Scandal (2006)
23. Excused from
25. Nonchalantly
29. Water bird
31. BC: _ Mountains Provincial Park
32. Unhappy
35. Actually
37. Reclined
38. Prefix to 'comedy' (Theatrical genre)
40. Also
41. "So _ _ a song of love, Julia." - The Beatles
42. "The Simpsons" bus driver
43. _-_ Clan (Hip-Hop group)
45. 'Legal' suffix
46. More churned
48. Bagpiper's outfit piece
50. Dutch painter, Piet _ (b.1872 - d.1944)
52. Defends
56. Crete's country, curtly
57. Rich
59. Don Juan type
60. Electric shavers name
62. Thankfulness
64. Thicket
65. Request
66. Shock weapon
67. Second-year students, briefly
68. Observe
69. Skirt alternative

DOWN
1. _ glass windows
2. Disposable gloves material
3. Off-the-wall
4. Imagined
5. _ Antonio, Texas
6. Speck
7. Mayhem
8. Part of organist The Phantom's attire: 2 wds.
9. Zeal
10. They're part of a mani-pedi spa treatment
11. Vacation destination in the Charlevoix region of Quebec that's home to the Fairmont Le Manoir Richelieu resort (TRIVIA! 1909 to 1913 US President William H. Taft owned a place there): 2 wds.
12. Mount _ (Volcano of Japan)
13. RR depot
18. Book's name, en francais
24. Ms. Gilpin of Frasier
26. Pronounce
27. Butcher offerings
28. Toronto's long street
30. Energy source found deep within sedimentary rock layers: 2 wds.
32. Wild whack of weather
33. Star Wars: _-Detoo
34. Tinder, e.g.: 2 wds.
36. Hollywood workplace
39. 1970 Neil Young album: 'After the _ _'
41. 'Snow house' in Inuktitut
43. Dynasty of China
44. 'N' of SNL
47. Singer Ms. Cara's
49. Seafood side serving, _ sauce
51. _ back to health
53. Inspire with spirit
54. Fellows
55. Clairvoyants
58. Objective/reason
60. Ancient yrs.
61. Pal of Tigger
63. "_ better be!"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to introduce reforms and improvements at work. Don't hesitate to make a suggestion. You might even see ways to improve your own health.

Taurus April 21 - May 21
You have a lot of energy to play, as well as to approach creative projects. Some of you might attract a powerful person in a romantic situation. An interesting day!

Gemini May 22 - June 21
Family discussions will be intense. But the intention will be to try to improve something at home, especially in areas related to bathrooms, laundry, recycling and plumbing

Cancer June 22 - July 23
You are very convincing today! This is a powerful day for those of you who sell, market, teach, act or write for a living. Nobody stands a chance against you!

Leo July 24 - Aug. 23
You might see new ways to earn money today. You also might see new uses or applications for something that you already own.

Virgo Aug. 24 - Sept. 23
Take a realistic look in the mirror today and ask yourself what you can do to improve your image. (You never get a second chance to make a first impression.)

Libra Sept. 24 - Oct. 23
This is an excellent day for research of any kind. You will instinctively go for the jugular and find what you're looking for.

Scorpio Oct. 24 - Nov. 22
If you work with someone today, your combined efforts can introduce improvements or help those who are less fortunate. You might meet someone very powerful.

Sagittarius Nov. 23 - Dec. 21
Be careful in all your dealing with bosses and authority figures, because they will be intense. This is not the day to go out on a limb unless you have done your homework

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues are intense. However, you will start to see something with a fresh eye.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and debt will be powerful today, but things will be resolved. Keep the faith that you can improve something, even a financial relationship.

Pisces Feb. 20 - March 20
Conversations with partners and close friends are serious today. However, there is a possibility of scrutinizing a relationship with the intention of improving it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		7		8		5	
		1				8		
	2						1	
		9	2		4	3		
		7				2		
		8	9		6	1		
	5						4	
		6				5		
	9		1		2		6	

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LAST WEEK'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	9	5	3	1	4	6	7	8
4	8	1	7	6	2	3	5	9
7	6	3	8	9	5	4	2	1
9	5	2	4	3	7	8	1	6
1	3	8	6	2	9	7	4	5
6	7	4	5	8	1	9	3	2
5	4	6	1	7	8	2	9	3
8	2	7	9	5	3	1	6	4
3	1	9	2	4	6	5	8	7

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